



NLM's Online Playground: K-12 Health & Science Information Resources for Teachers & Students

CAROLYN MARTIN, MLS, AHIP
CONSUMER HEALTH COORDINATOR
NATIONAL NETWORK OF LIBRARIES OF MEDICINE
PACIFIC NORTHWEST REGION
MARTINC4@UW.EDU

Introduction

Medicine/Health

**Environmental
Health**

Genomics/Genetics

Interdisciplinary

Career Information

Who We Are

NIH

- **National Institutes of Health**
- Nation's research agency

NLM

- **National Library of Medicine**
- World's largest biomedical library

NNLM

- **National Network of Libraries of Medicine**
- Program of the NLM comprised of 8 Regional Libraries (RMLs) and 6 offices

PNR

- **Pacific Northwest Region (NNLM PNR)**
- Is one of the 8 RMLs
- Serves Alaska, Idaho, Montana, Oregon, Washington



The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health

U.S. Department of Health & Human Services www.hhs.gov

Outreach Activities & Resources

SPECIALIZED INFORMATION SERVICES

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National Institutes of Health
NLM

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K-12 Science and Health Education

Working with teachers and scientific experts to provide FREE reliable resources to help introduce, reinforce, and supplement education programs.

Get the latest news!

Biology

Careers

Disasters

Environmental Health Science/Chemistry

Forensics and Medical Technology

Games

General Health

Genetics

Health Information Tutorials

HIV/AIDS

Lesson Plans

Projects

Spanish-Language Resources

PDF documents can be viewed with the free Adobe® Reader

Outreach Projects

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Announcements

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 Connect with NLM

[NLM K-12 Resources](https://sis.nlm.nih.gov/outreach/k12.html)

<https://sis.nlm.nih.gov/outreach/k12.html>

Medicine/Health




NIH U.S. National Library of Medicine

MedlinePlus
Trusted Health Information for You

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Health Topics Drugs & Supplements Videos & Tools **Español**

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Find information on health, wellness, disorders and conditions

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Learn about prescription drugs, over-the-counter medicines, herbs, and supplements

Videos & Tools
Discover tutorials, health and surgery videos, games, and quizzes

Lab Test Information
Learn why your doctor orders laboratory tests and what the results may mean

Medical Encyclopedia
Articles and images for diseases, symptoms, tests, treatments

Tweets by @MedlinePlus

MedlinePlus.gov @medlineplus

When you wash your hands, the recommended time for scrubbing is 20 seconds, the time it takes to sing the "Happy Birthday" song - twice. #handwashing
ow.ly/hyMj30lkP1y

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NIH MedlinePlus Magazine
Read the latest issue

Clinical Trials
Search [ClinicalTrials.gov](https://clinicaltrials.gov) for drug and treatment studies.

- Links to reliable, authoritative health websites
- Health Topics on children/teens
- Easy-to-read articles
- Medical dictionary
- Medical encyclopedia
- Links to local services
- English, Spanish and other languages
- No Advertisements!

MedlinePlus

<https://medlineplus.gov/>

Health Topics

















Read about symptoms, causes, treatment and prevention for over 1000 diseases, illnesses, health conditions and wellness issues. MedlinePlus health topics are regularly reviewed, and links are updated daily.

Find topics A-Z

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Diagnosis and Therapy

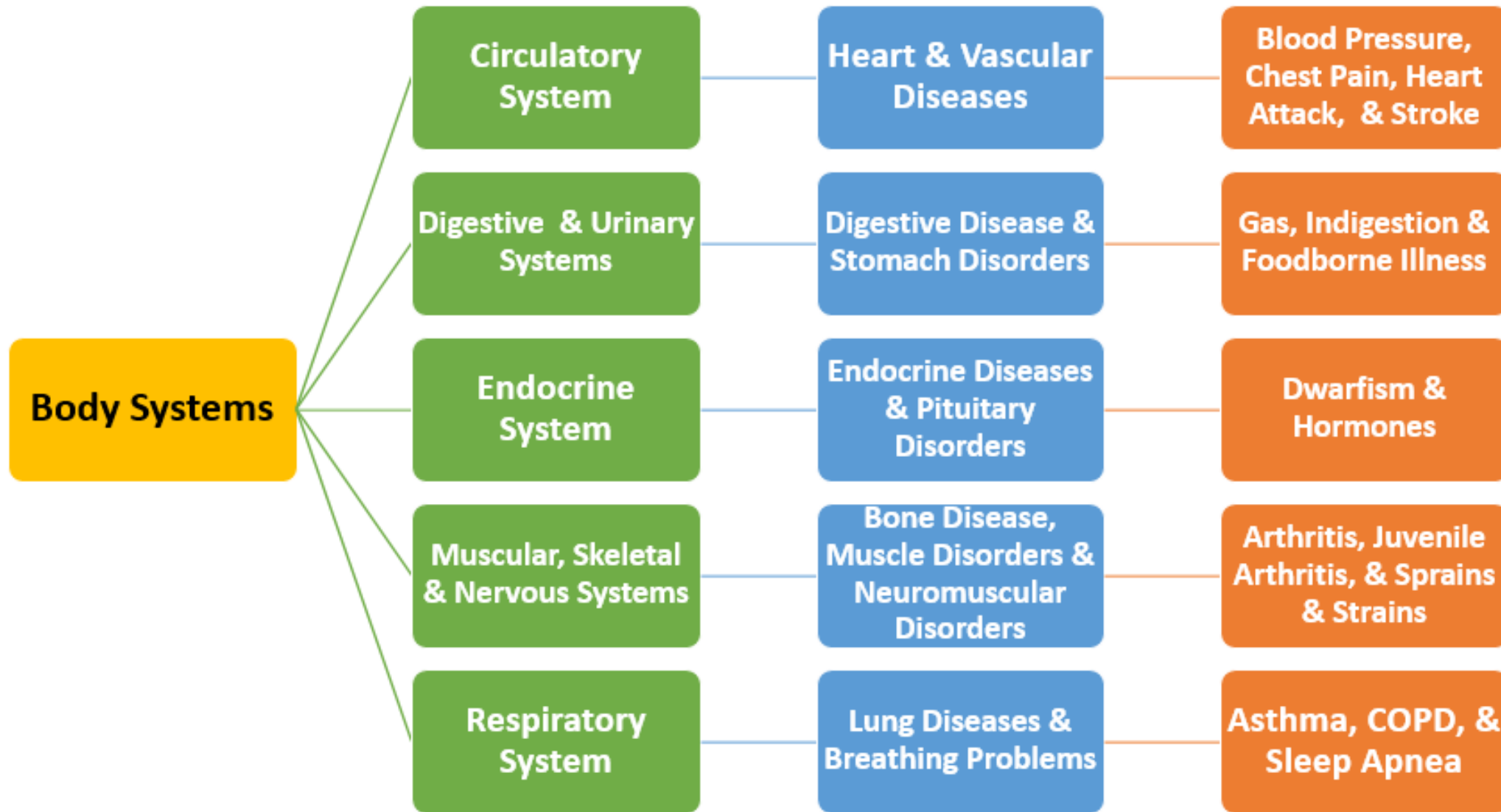
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Health Topics Drugs & Supplements

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Zika Virus

Also called: Zika

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Summary

Zika is a [virus](#) that is spread mostly during pregnancy or around the time of birth. Recent reports that the virus has spread throughout the United States, Africa, Southeast Asia, the Pacific Islands, parts of the Caribbean, and Central and South America.

Most people who get the virus do not get sick. In some people, symptoms, which can include a fever, rash, joint pain, and conjunctivitis (pink eye), appear after being bitten by an infected mosquito.

A blood test can tell whether you have the infection. Drinking lots of fluids, resting, and taking acetaminophen can help with symptoms.

Zika can cause microcephaly (a serious [birth defect](#)) in babies whose mothers were infected while pregnant. The Centers for Disease Control and Prevention (CDC) advise that pregnant women do not travel to areas where Zika is spreading. If you are pregnant, first talk to your doctor. You should also take steps to prevent mosquito bites.

- Use insect repellent
- Wear clothes that cover your arms, legs, and neck
- Stay in places that have air conditioning or fans

Centers for Disease Control and Prevention

Start Here

- [Zika Virus](#) (Centers for Disease Control and Prevention)
- [Zika Virus and Complications: Questions and Answers](#) (Centers for Disease Control and Prevention)
- [Zika Virus Fact Sheet](#) (World Health Organization)
Also in Spanish

Symptoms

- [Symptoms of Zika](#) (Centers for Disease Control and Prevention)
Also in Spanish

Diagnosis and Tests

- [Zika Testing and Follow-Up](#) (Centers for Disease Control and Prevention)

MEDICAL ENCYCLOPEDIA


Zika virus disease

- [Zika and Guillain-Barré Syndrome](#) (Centers for Disease Control and Prevention)
Also in Spanish
- [Zika Travel Information](#) (Centers for Disease Control and Prevention)
Also in Spanish


Specifics

- [Dispelling Rumours Around Zika and Complications](#) (World Health Organization)


Videos and Tutorials

- [Zika Virus and Pregnancy](#)
 (American College of Obstetricians and Gynecologists, Centers for Disease Control and Prevention)

Statistics and Research

- [Areas with Zika](#) (Centers for Disease Control and Prevention)
- [Zika Virus](#)  (National Institute of Allergy and Infectious Diseases)
- [Zika Virus: Protecting Pregnant Women and Babies](#) (Centers for Disease Control and Prevention)
Also in Spanish

Clinical Trials

- [ClinicalTrials.gov: Zika Virus](#)  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- [Article: Mosquito control practices and perceptions: An analysis of economic stakeholders...](#)
- [Article: In Silico Designed Axl Receptor Blocking Drug Candidates Against Zika...](#)
- [Article: Mapping Putative B-Cell Zika Virus NS1 Epitopes Provides Molecular Basis...](#)
- [Zika Virus -- see more articles](#)

Children

- [Fact Sheet: What Parents Need to Know About Zika Virus](#) (Administration for Children and Families)

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Anatomy

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Summary

Anatomy is the science that studies the structure, descriptions and pictures of the human body's parts.

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- [Anatomy & Physiology](#) (National Cancer Institute)
- [Body Basics](#) (Nemours Foundation)
- [Introduction to the Human Body](#) (National Library of Medicine)
- [Visible Human Project](#) (National Library of Medicine)

Related Issues

- [Inside the Cell](#) (National Institute of General Medical Sciences)
- [Life and Death of a Neuron](#) (National Institute of Neurological Disorders and Stroke)
- [Proteins Are the Body's Worker Molecules](#)

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Blood

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Summary

Your blood is made up of liquid and solids. The liquid part, called plasma, is mostly water. Over half of your blood is plasma. The solid part of your blood is made of red blood cells, white blood cells, and platelets.

Red blood cells (RBC) deliver oxygen from your lungs to your tissues. White blood cells (WBC) fight infection and are part of your immune system. Platelets help stop bleeding. Bone marrow, the spongy material inside your bones, constantly makes new blood cells. Red blood cells live about 120 days. Some white blood cells live less than a day, but others live for years.

There are four blood types: A, B, AB, or O. Also, blood is either Rh positive or Rh negative. If you have type A blood, it's either A positive or A negative. Which type you have depends on your genes. Blood transfusion. And your Rh factor could be important if you are pregnant. If you are Rh negative and your baby is Rh positive, you could have problems between your type and the baby's could create problems.

Blood tests such as [blood count tests](#) help doctors check for certain conditions. Blood tests can help check the function of your organs and show how well treatments are working. Blood may include [bleeding disorders](#), [excessive clotting](#) and [platelet disorders](#). If you have a blood disorder, you may need a transfusion.

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Gas

Also called: [Belch](#), [Burp](#), [Eructation](#), [Flatulence](#), [Flatus](#)

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Summary

Everyone has gas. Most people pass gas 13 to 21 times a day. Passing gas through the mouth is called belching or burping. Passing gas through the anus is called flatulence. Most of the time gas does not have an odor. The odor comes from bacteria in the large intestine that release small amounts of gases that contain sulfur.

Gas in the digestive tract comes from two sources: air that you swallow and the breakdown of undigested food by bacteria in the large intestine. Certain foods may cause gas. Foods that produce gas in one person may not cause gas in another.

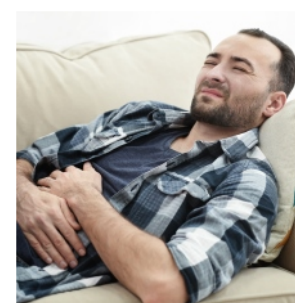
You can reduce the amount of gas you have by

- Drinking lots of water and non-fizzy drinks
- Eating more slowly so you swallow less air when you eat
- Avoiding milk products if you have [lactose intolerance](#)

Medicines can help reduce gas or the pain and bloating caused by gas. If your symptoms still bother you, see your health care provider.

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MEDICAL ENCYCLOPEDIA

[Abdominal bloating](#)[Belching](#)[Bland diet](#)[Gas - flatulence](#)[Related Health Topics](#)



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Asthma in Children

Also called: Childhood asthma

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Summary

Asthma is a chronic disease that affects your airways. Your airways are tubes that carry air in and out of your lungs. If you have asthma, the inside walls of your airways become sore and swollen.

In the United States, about 20 million people have [asthma](#). Nearly 9 million of them are children. Children have smaller airways than adults, which makes asthma especially serious for them. Children with asthma may experience wheezing, coughing, chest tightness, and trouble breathing, especially in the morning or at night.

Many things can cause asthma, including

- Allergens - mold, pollen, animals
- Irritants - cigarette smoke, air pollution
- Weather - cold air, changes in weather

[Asthma - control drugs](#)

[Asthma - quick-relief drugs](#)

[Asthma - what to ask your doctor](#)

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Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and special precautions, and more.

Browse by generic or brand name

A B C D E F G H
V W X Y Z 0-9

For FDA approved labels included in drug information.

Herbs and Supplements

Browse dietary supplements and herbal products and drug interactions.

All herbs

Prescription and over-the-counter medications. Information, copyrighted by the American Pharmacists Association, Bethesda, Maryland; Copyright © 2017. All rights reserved.

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Oxycodone

pronounced as (ox i koe' done)

[Why is this medication prescribed?](#)[How should this medicine be used?](#)[Other uses for this medicine](#)[What special precautions should I follow?](#)[What special dietary instructions should I follow?](#)[What should I do if I forget a dose?](#)

IMPORTANT WARNING:

Oxycodone may cause serious or life-threatening breathing problems if your dose is increased. Your doctor will monitor you carefully if you have breathing or asthma. Your doctor will probably tell you not to use Oxycodone if you have such as chronic obstructive pulmonary disease (COPD); or if you have high blood pressure that increases the amount of pressure in your brain. The effects of Oxycodone may be more severe if you are weak or malnourished due to disease. If you experience any of the following symptoms while taking Oxycodone without medical treatment: slowed breathing, long pauses between breaths, or difficulty breathing.

Taking certain other medications with oxycodone may increase the risk of side effects. Tell your doctor and pharmacist if you are taking or plan to take any of the following: (1) other pain medicines (such as in Prevacid) and erythromycin (Erytab, Erythrocin); certain antifungal medicines (Nizoral), and voriconazole (Vfend); benzodiazepines such as diazepam (Diazepam, Valium), estazolam, flurazepam, lorazepam; carbamazepine (Carbatrol, Eptol, Equetro, Tegretol, Teriphen); medications for human immunodeficiency virus (HIV) including zidovudine (Retrovir, Zidovudine); phenytoin (Dilantin, Phenytek); rifabutin (Mycobutin), rifampin (Rifadin, Rifampin); or (2) other medicines that may slow your breathing. Your doctor may need to change the doses of your medication and you develop any of the following symptoms, call your doctor: slowed breathing, lightheadedness, extreme sleepiness, slowed or difficult breathing, or difficulty breathing. Which symptoms may be serious so they can call the doctor.

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Tea Tree Oil

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This fact sheet provides basic information about tea tree oil—common names, usefulness and safety, and resources for more information.

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NLM Drug information

NLM DRUG INFORMATION RESOURCES

DRUG INFORMATION PORTAL

Home > Drug Information

Drug Information from the National Library of Medicine

- Drug Information Portal**
 The Portal provides users a comprehensive gateway to information on over 53,000 substances (over 200,000 unique searchable drug names and their synonyms) not only from NLM but also from other U.S. government agencies. It covers drugs from the time they are entered into clinical trials through their entry into the U.S. marketplace. The Drug Portal touches on all related information resources at NLM to provide for a comprehensive view. It is intended as a "middle ground" resource which includes information for the consumer, health professionals, and researchers.
- Drugs, Herbs and Supplements**
 Learn about your prescription drugs and over-the-counter medicines from MedlinePlus, the National Institutes of Health's Web site for patients and their families and friends. Read about side effects, dosage, special precautions, and more. Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.
- Pillbox**
 Developed to aid in the identification of unknown solid dosage pharmaceuticals, Pillbox combines high-resolution images of tablets and capsules with appearance information (imprint, shape, color, etc.). It enables users to identify solid dosage forms based on physical criteria: imprint (characters or number printed on a medication), shape, color, size, and scoring. Users are shown thumbnail images of possible matches. These images are continually updated as the user enters additional information. Pillbox is designed for use by emergency physicians, first responders, other health care providers, Poison Control Center staff, and concerned citizens.
- DailyMed**
 DailyMed provides information about marketed drugs, including FDA labels (package inserts). It provides health information providers and the public with a standard, comprehensive, up-to-date, look-up and download resource of medication content and labeling as found in medication package inserts.
- Dietary Supplement Label Database (DSLDB)**
 The database links you to the information from the labels of over 30,000 dietary supplement products in the marketplace, including vitamins, minerals, herbs or other botanicals, amino acids, and other specialty supplements. It includes name, form, active and inactive ingredients, amount of active ingredient, manufacturer/distributor information, label claims, warnings, percentage of daily value, and additional label information. The database can be searched by product names, text terms found on product labels, specific dietary ingredients, and manufacturers.
- RxNorm**
 RxNorm provides normalized names for clinical drugs and links its names to many of the drug vocabularies commonly used in pharmacy management and drug interaction software, including those of First Databank, Micromedex, MediSpan, Gold Standard Alchemy, and Multum. By providing links between these vocabularies, RxNorm can mediate messages between systems not using the same software and vocabulary. RxNorm files are available through the NLM download server.

Drug Information Portal
Quick Access to Quality Drug Information

United States National Library of Medicine
National Institutes of Health

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Mobile Site

Search
DRUG INFORMATION PORTAL

Information available for 70,734 drugs.

☒ By Name
 ☐ By Category

- ▶ Show examples.
- ▶ Show drug category names, results, and descriptions.
- ▶ Show top "By Name" searches (previous seven days).
- ▶ Show top "By Category" searches (previous seven days).
- ▶ Show top dispensed prescriptions in the US Market, 2010.
- ▶ Show common drug names list.
- ▶ Show generic name stems list.
- ▶ Show list of resources searched.

NIH Supplements Information






OFFICE OF DIETARY SUPPLEMENTS

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Office of Dietary Supplements

Strengthening Knowledge and Understanding of Dietary Supplements

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DIETARY SUPPLEMENTS: WHAT YOU NEED TO KNOW

ODS experts are featured in this 2-minute video introduction to the Office of Dietary Supplements.

1 2 3 4 5


Dietary Supplement Fact Sheets

The Office of Dietary Supplements (ODS) fact sheets give a current overview of individual vitamins, minerals and other dietary supplements. ODS has fact sheets in two versions—Health Professional and Consumer. Both versions provide the same types of information but vary in the level of detail. Consumer versions are also available in Spanish. [more](#)

General Information


- > Dictionary
- > Background Information
- > Botanical Dietary Supplements
- > Full List of Fact Sheets
- > Frequently Asked Questions
- > ODS Videos
- > Información en español [more](#)

Featured Dietary Supplement Fact Sheets



Omega-3 Fatty Acids

Omega-3s are found in foods such as fatty fish and shellfish.



Choline

Many foods contain choline, including mushrooms.

Health Information



- > Frequently Asked Questions (FAQ)
- > Dietary Supplements: What You Need to Know
- > Dictionary
- > Información en español [more](#)





News & Events

HEADLINES

- > **NEW** Dietary Supplement Information Page for Health Professionals [more](#)

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Health

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Research-based info from acupuncture to zinc.

Complementary, Alternative, or Integrative Health

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Be Informed

Learn how to make wise health decisions.

Herbs at a Glance

Uses and side effects of herbs and botanicals.

How To Find a Practitioner

Information on seeking treatment.

Information for Health Care Providers

Evidence-based medicine, continuing education, clinical practice guidelines, and more.

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- Seasonal Allergies (Allergic Rhinitis) (March 2017)
- Complementary Health Practices for U.S. Military, Veterans, and Families (February 2017)
- Parkinson's Disease (December 2016)

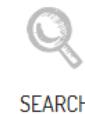
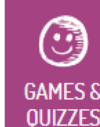
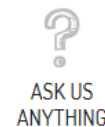
New Approach to Funding Clinical Trials

NCCIH released a series of new funding opportunity announcements designed for clinical trials focused on natural product and mind and body intervention studies.

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Boost your health knowledge by playing interactive games.



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Test Your Knowledge

See if you're up for the challenge. Exercise your knowledge.

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Opioids

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What's Your Relationship Style?

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Relationship Checkup! How Healthy is Your Relationship?

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Should You Make it Official?

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QUIZ

Which Pop Diva is Your Relationship Role Model?

 SHARES · 7

QUIZ

Which Celebrity Couple Are You?

 SHARES · 0

QUIZ

What Should Your Next...

FEATURED POLL

STAYTEEN POLL

When you break up with someone, do you unfollow them?

When you break up with someone, do you unfollow them?

Yes! I can't move on if I'm constantly seeing pictures of my ex. 15%

No way—I want to know what they're up to! 16%

It depends on the situation. 69%

Total votes: 1795

RECENT POLLS



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Open-i
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TOXNET
Search databases on hazardous chemicals




ClinicalTrials.gov
A database of clinical studies, worldwide




BLAST
Basic Local Alignment Search Tool


News and Highlights




Director's Blog
An Oath Grounded in the Constitution



In Focus
Talking Hardware and Software with OCCS Director Ivor D'Souza



NCBI Insights
Improved Search Now Available Across NCBI Databases



Circulating Now
Making the Case for History in Medical Education

[NLM home page](#)



Healthy Parenting

Read our collection of updated *NIH News in Health* newsletter stories about parenting.

[Learn more »](#)[Home » Institutes at NIH](#)

INSTITUTES, CENTERS, AND OFFICES

Institutes at NIH

[List of NIH Institutes, Centers, and Offices](#)[Directors of NIH Institutes and Centers](#)[NIH Institute and Center Contact Information](#)[NIH Office of the Director](#)

List of NIH Institutes, Centers, and Offices

NIH Offices

NIH Office of the Director (OD)

The Office of the Director is the central office at NIH for its 27 Institutes and Centers. The OD is responsible for setting policy for NIH and for planning, managing, and coordinating the programs and activities of all the NIH components. OD program offices include the Office of AIDS Research and the Office of Research on Women's Health, among others.

NIH Institutes

National Cancer Institute (NCI) — Est. 1937

NCI leads a national effort to eliminate the suffering and death due to cancer. Through basic and clinical biomedical research and training, NCI conducts and supports research that will lead to a future in which we can prevent cancer before it starts, identify cancers that do develop at the earliest stage, eliminate cancers through innovative treatment interventions, and biologically control those cancers that we cannot eliminate so they become manageable, chronic diseases.

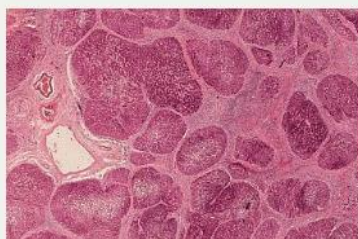
National Eye Institute (NEI) — Est. 1968

The National Eye Institute's mission is to conduct and support research, training, health information dissemination, and other programs with respect to blinding eye diseases, visual disorders, mechanisms of visual function, preservation of sight, and the special health problems and requirements of the blind.

Quick Links

[NCI](#)[NEI](#)[NHLBI](#)[NHGRI](#)[NIA](#)[NIAAA](#)[NIAID](#)[NIAMS](#)[NIBIB](#)[NICHD](#)[NIDCD](#)[NIDCR](#)[NIDDK](#)[NIDA](#)[NIEHS](#)[NIGMS](#)[NIMH](#)[NIMHD](#)[NINDS](#)[NINR](#)[NLM](#)[CC](#)[CIT](#)[CSR](#)[FIC](#)[NCATS](#)[NCCIH](#)[OD](#)

In the News



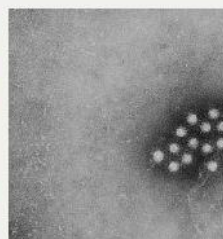
Cirrhosis

Information on this condition in which the liver is perminantly damaged.



Diabetes

Two diabetes medications don't slow progression of type 2 diabetes in youth.



Hepatitis A

Diagnosis, treatment and p

NIH for Kids and Teens


National Eye Institute (NEI)
Research Today... Vision Tomorrow

[NEI on Social Media](#) | [Search A-Z](#) | [en español](#) | Text size [S](#) [M](#) [L](#)

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All About Vision

- [About the Eye](#)
- [Ask a Scientist Video Series](#)
- [Glossary](#)
- [The Visual System](#)
- [Your Eyes' Natural Defenses](#)

Eye Health and Safety

- [First Aid Tips](#)
- [Healthy Vision Tips](#)
- [Protective Eyewear](#)
- [Sports and Your Eyes](#)


NEI for Kids



Most people rely on their eyes to see and make sense of the world around them. If you're reading this, your eyes are hard at work. You use your eyes for countless other things, too, like doing homework, playing sports, looking for that favorite shirt, or watching out for the neighborhood's angry dog. That's why it's important to take care of your eyes. Here you can learn about your eyes, how they work, and how to keep them healthy. Plus, you'll discover lots of fun eye facts.

Ask a Scientist

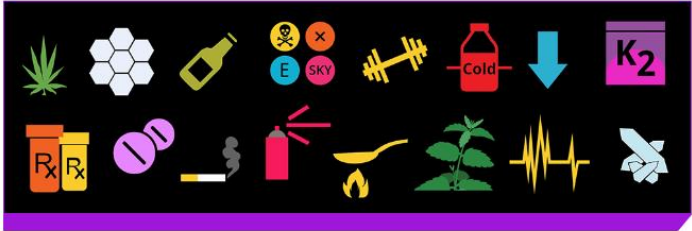
[Watch now! NEI scientists](#)


National Institute on Drug Abuse for Teens
Advancing Addiction Science

[Teens](#) | [Teachers](#) | [Parents](#) | [Drugs & Health Blog](#) | [NDAFW](#)


Drug Facts

Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!




Drugs & Health Blog


[See All Blog Items >](#)




Say What? "Epigenetics"




Could Snake Venom Help with the Opioid Problem?




"Addiction itself is not a crime, it's a disease."



Videos



Games



National Drug & Alcohol Facts Week



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RESEARCH & TRAINING

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Science Education



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Resources for Students



[NIH Scientist Launch Game™App](#)



[NIAMS Kids Pages](#)



[Microscope Imaging Station](#)

From the NIH Director



Francis Collins, M.D., Ph.D., offers a message to high school graduates.

This video was requested by a motivated graduating senior at a high school in Ontario, but it speaks to students everywhere. May 19, 2011.

Featured Site



NIH Education Resources

NIH National Heart, Lung, and Blood Institute

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Public Health Professionals Researchers Clinical Trials News & Resources About NHLBI

Home » Health Information for the Public » Educational Campaigns & Programs » We Can!® Español

We Can!
Ways to Enhance Children's Activity & Nutrition

About We Can!
Get Started With We Can!
Healthy Weight Basics
Eat Right
Get Active
Reduce Screen Time
In Your Community
Develop Your Program
For Health Professionals
Tools and Resources
News and Events

eat play grow™
Creative Activities for a Healthy Start

EatPlayGrow™
We Can! and the CMOM launch a health education curriculum for children ages 2-5 and their parents.

We Can! and Let's Move!
We Can! worked with the former First Lady's initiative to reach faith-based and community leaders.

Family Recipe Cards
Add tasty, quick, and good-for-you recipes to your collection.

Eat Right
From cooking to food shopping, get tips for choosing smart foods for your family. [Learn more »](#)

Get Active
Learn how to make family time active to maintain a healthy weight. [Learn more »](#)

Reduce Screen Time
Step away from the screen! Find out how to limit computer and TV time. [Learn more »](#)

Choosing Foods for Your Family
Make an Activity Plan
Tips to Reduce Screen Time

NIH National Institute of Dental and Craniofacial Research

A-Z Index | Staff Directory | Español

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NIDCR Home Oral Health Clinical Trials Research Grants & Funding Careers & Training

Educational Resources

NIDCR » Educational Resources

For Teachers

- Women in Dental Research: Video
- Open Wide and Trek Inside: Curriculum Supplement

For Health Care Providers

- Oral Complications of Cancer Treatment: Educational Materials
- Developmental Disabilities and Oral Health: Educational Materials
- Developmental Disabilities and Oral Health: Continuing Education Activity

For Patients and the Public

- Order Publications
- Diseases and Conditions
- Children's Oral Health
- Older Adults
- Special Needs
- Spanish

For Dental Public Health Professionals

- Healthy People 2020: Oral Health
- Healthy People 2010 Oral Health Toolkit

Featured Resource

Open Wide Trek Inside
NIH Curriculum Supplement Series Grades 1-2

Use this free NIDCR Curriculum Supplement for Elementary School Grades 1-2.

Connect: Subscribe Twitter LinkedIn YouTube RSS

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[Home](#) → [MedlinePlus Guide to Healthy Web Surfing](#)

MedlinePlus Guide to Healthy Web Surfing



What should you look for when evaluating the quality of health information on Web sites? Here are some suggestions based on our experience.

Consider the source -- Use recognized authorities

Know who is responsible for the content.

- Look for an "about us" page. Check to see who runs the site: is it a branch of the Federal Government, a non-profit institution, a professional organization, a health system, a commercial organization or an individual.
- There is a big difference between a site that says, "I developed this site after my heart attack" and one that says, "This page on heart attack was developed by health professionals at the American Heart Association."
- Web sites should have a way to contact the organization or webmaster. If the site provides no contact information, or if you can't easily find out who runs the site, use caution.

Focus on quality--All Web sites are not created equal

Does the site have an editorial board? Is the information reviewed before it is posted?

- This information is often on the "about us" page, or it may be under the organization's mission statement, or part of the annual report.
- See if the board members are experts in the subject of the site. For example, a site on osteoporosis whose medical advisory board is composed of attorneys and accountants is not medically authoritative.
- Look for a description of the process of selecting or approving information on the site. It is usually in the "about us" section and may be called "editorial policy" or "selection policy" or "review policy."
- Sometimes the site will have information "about our writers" or "about our authors" instead of an editorial policy. Review this section to find out who has written the information.

Be a cyberskeptic--Quackery abounds on the Web

Does the site make health claims that seem too good to be true? Does the information use deliberately obscure, "scientific" sounding language?

[Guide to Healthy Web Surfing](#)

Evaluating Health Information

HEALTH TOPIC PAGE



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Evaluating Health Information

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MEDICAL ENCYCLOPEDIA

Online health information - what can you trust?

Related Health Topics

Summary

Millions of consumers get health information from magazines, TV or the Internet. Some of the information is reliable and up to date; some is not. How can you tell the good from the bad?

First, consider the source. If you use the Web, look for an "about us" page. Check to see who runs the site: Is it a branch of the government, a university, a health organization, a hospital or a business? Focus on quality. Does the site have an editorial board? Is the information reviewed before it is posted? Be skeptical. Things that sound too good to be true often are. You want current, unbiased information based on [research](#).

NIH: National Library of Medicine

Start Here

- [Evaluating Internet Health Information: A Tutorial from the National Library of Medicine](#) (National Library of Medicine)
- [Find Quality Resources: How Do I Know if I Can Trust the Information I Find Online?](#) (Office of the National Coordinator for Health Information Technology)

TUTORIAL



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Español

Home → [Videos and Tools](#) → Evaluating Internet Health Information: A Tutorial from the National Library of Medicine

Evaluating Internet Health Information: A Tutorial from the National Library of Medicine






- This tutorial teaches you how to evaluate the health information that you find on the Web. It is about 16 minutes long.
- You need the Flash plug-in, version 8 or above, to view it. If you do not have Flash, you will be prompted to obtain a free download of the software before you start.
- The tutorial runs automatically, but you can also use the navigation bar at the bottom of the screen to go forward, backward, pause, or start over.



Learn how you can download a version of the tutorial for use when no Internet connection is available. Read the [transcript](#) of the tutorial.

Environmental Health

Environmental Health

On this page

Basics

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- [Start Here](#)
- [Latest News](#)

Learn More

- [Related Issues](#)
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See, Play and Learn

- No links available

Research

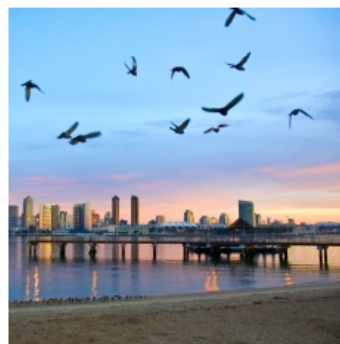
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- [Find an Expert](#)

For You

- [Children](#)
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- [Women](#)



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[Drinking Water](#)
[Electromagnetic Fields](#)
[Hazardous Waste](#)
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Related Health Topics

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[Molds](#)
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[Occupational Health](#)
[Oil Spills](#)
[Pesticides](#)
[Radiation Exposure](#)
[Water Pollution](#)


Summary

Our environment affects our health. If parts of the environment, like the [air](#), [water](#), or soil become polluted, it can lead to health problems. For example, asthma pollutants and chemicals in the air or in the [home](#) can trigger asthma attacks.

Some environmental risks are a part of the natural world, like [radon](#) in the soil. Others are the result of human activities, like [lead poisoning](#) from paint, or exposure to [asbestos](#) or [mercury](#) from mining or industrial use.

NIH: National Institute of Environmental Health Sciences

Start Here

- [Environmental Health Topics from A to Z](#)  (National Institute of Environmental Health Sciences)
Also in [Spanish](#)
- [Tox Town](#)  (National Library of Medicine)
Also in [Spanish](#)

Environmental Health
& Toxicology

Environmental Health, Toxicology & Chemical Information

NIH U.S. National Library of Medicine

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Updates Follow Email This Page

TOXNET

Collection of databases on hazardous chemicals, toxic releases, and environmental health

e.g. benzene, endocrine disruptor

PubMed Toxicology Subset

Strategy created for searching the subject of toxicology in NLM PubMed. This filter can also be used directly in PubMed in a search as tox[sb]. Example: lead AND tox[sb]

e.g. mercury

Selected Topics

- Arsenic
- Arts & Crafts Materials
- Climate Change
- Dietary Supplements
- Drinking Water and Water Pollution
- Environmental Justice
- Indoor Air
- Laboratory Safety
- Lead
- Mercury

Guides, Tutorials, Workbooks

- TOXNET Workbook (PDF, 8.8MB)
- TOXNET Class Schedule
- TOXNET Tutorials & Recordings, National Network of Libraries of Medicine (NNLM)
- TOXNET Guide on the Side, National Network of Libraries of Medicine (NNLM)
- Quick Tours
 - Basics of Searching the Hazardous Substances Data Bank
 - Searching the LactMed Database

Help

- A to Z Index of Environmental Health and Toxicology Resources
- About the NLM Toxicology & Environmental Health Information Program (TEHIP)
- Choose the Right Environmental Health and Toxicology Resource
- Contact us
- Email Updates
- Environmental Health, Toxicology and Chemical Database Descriptions

- Wide range of environmental and toxicology topics
- Health effects
- Information for:
 - variety of professionals
 - the public
 - teachers and students
- Tutorials and guides provided

[Environmental Health & Toxicology](#)

Environmental Health & Toxicology

Environmental Health, Toxicology & Chemical Information



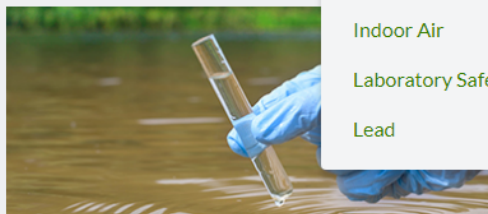
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TOXNET

Collection of databases on hazardous
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- Mercury

Arsenic

Arts & Crafts
Materials

Climate Change

Dietary Supplements

Drinking Water and
Water Pollution

Environmental
Justice

Indoor Air

Laboratory Safety

Lead

Mercury

Nanotechnology

Opiate Addiction and
Treatment

Outdoor Air

Pesticide Exposure

Tobacco and Smoking

West Nile Virus
Pesticide Control

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LactMed Toxicology

Category created for searching
LactMed can also be used directly
in TOXNET by typing
D tox[sb]

e.g. mercury

Environmental Health & Toxicology

Environmental Health, Toxicology & Chemical Information



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Topics of Interest

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[Database Descriptions](#)

[Choose the Right Environmental
Health and Toxicology Resource](#)

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[TOXNET Manual](#)

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A to Z Index of Resources

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S T U V W X
Y Z

Climate Change

Health Information Resources

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[Law, Policy, and Regulation](#)

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Overview

- [Climate Change - Health Topics](#)
[World Health Organization \(WHO\)](#)
- [Climate and Health Program](#)
[Centers for Disease Control and Prevention \(CDC\)](#)
- [Climate Change and Human Health](#)

Choose the right environmental health and toxicology resource

The National Library of Medicine's Environmental Health and Toxicology Program provides information on environmental health, and toxic releases. This guide can help you select the right resource for your needs.

If you're looking for:

- Journal references to toxicology literature including birth defects information
- Summaries of peer-reviewed human health effects and emergency medicine
- Animal Toxicity Studies
- Environmental Fate, Exposure, Standards and Regulations
- Chemical/Physical properties and safety/handling/disposal of chemicals
- Manufacturing, formulation and use of chemicals
- Chemical names and synonyms
- Chemical structures and structure searching/drawing capability
- InChI and/or SMILES structure notations
- List of links to NLM/NIH and other government agency information for a specific chemical
- Drug-induced liver injury: Evidence-based information on prescription and over-the-counter drugs, herbs, and dietary supplements.
- Carcinogenicity, mutagenicity, tumor promotion and tumor inhibition data from the National Cancer Institute (NCI). CCRIS provides historical information from the years 1980 to present.
- Peer-reviewed mutagenicity test data from the U.S. Environmental Protection Agency (EPA). GENE-TOX covers the years 1980 to present.

TOXNET

Collection of databases on hazardous chemicals, toxicology, and environmental health

e.g. benzene, endocrine disruptor

TOXNET Workbook
(PDF, 8.8MB)

TOXNET Tutorials & Recordings from the National Network of Libraries of Medicine Training Office (NTO)

TOXNET Class Schedule

Quick Tours

ToxTutor: Learn essential principles of toxicology

Training

Updates Follow Email This Page

Toxicology Subset

Searching the subject of toxicology in NLM PubMed. This can be done directly in PubMed in a search as tox[sb]. Example: lead



Selected Topics

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National Library of Medicine

Environmental Health Student Portal

Connecting Middle School Students to Environmental Health Information

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Air Pollution

Chemicals

Climate Change

Water Pollution

Videos

Games

Experiments

For Teachers



Search

Go



Print this Page

What is Environmental Health ?

Environmental Health is the interrelationship between human health and the environment, either natural or manmade.

[Learn More](#)



Interested in a trailer of our animations about characteristics, uses, and health effects of hazardous chemicals?

Please, click here to preview.



Air Pollution



Chemicals



Climate Change



Water Pollution

ToxMystery

Help Toxie the Cat find hazards in the house. Lesson plans available!



[ToxMystery](#)

Getting started:

Close

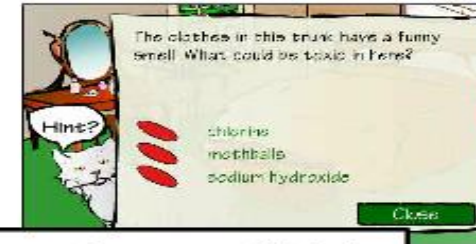
You can click on the rooms in any order



Roll your mouse over things in the house, and if it moves, click on it.



When the question box pops up, click on the answer.



If you need a hint, press on Toxie.



The scorekeeper will let you know if you have found all of the

Here's a bedroom!
There are three hazards in this room.
You have found 2.



Good Luck!

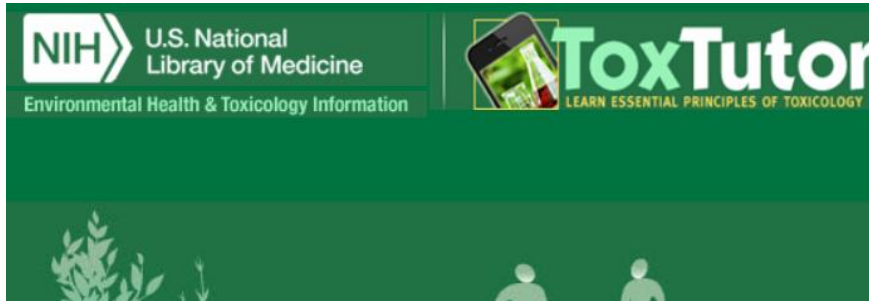


Sources of Exposure

Explore places and situations where you might be exposed to hazardous chemicals and contaminants.
Learn how you can minimize your risk.

EXPLORE

[Tox Town](#)



Resize Text:

Topics Covered in this Course

ToxTutor is divided into the following sections:

1. [Introduction to Toxicology](#)
2. [Dose and Dose Response](#)
3. [Toxic Effects](#)
4. [Interactions](#)
5. [Toxicity Testing Methods](#)
6. [Risk Assessment](#)
7. [Exposure Standards and Guidelines](#)
8. [Basic Physiology](#)
9. [Introduction to Toxicokinetics](#)
10. [Absorption](#)
11. [Distribution](#)
12. [Biotransformation](#)
13. [Excretion](#)
14. [Cellular Toxicology](#)
15. [Intuitive Toxicology and Risk Communication](#)
16. [Environmental Toxicology, Environmental Health, and One Health](#)
17. [Conclusion](#)

Welcome to ToxTutor

Introduction

ToxTutor is a self-paced tutorial covering key principles of toxicology for users of the National Library of Medicine (NLM) chemical and toxicology databases. While a knowledge of anatomy and physiology is not required for viewing ToxTutor, the [Introduction to the Human Body](#) from the National Cancer Institute provides a good introduction to the topic.

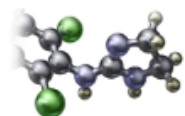
**What's New in
ToxTutor?** [↗](#)
August 2018 Release

Continuing Education / Certificate of Completion

This course is approved for 3 contact hours for California Registered Environmental Health Specialists (REHSs) and National Environmental Health Association's (NEHA) REHS/RSs. To take the tutorial and receive a certificate, please [register and complete the tutorial](#) through our free learning management system.

[ToxTutor link](#)

[TOXNET Home](#) > [ChemIDplus Lite](#)



ChemIDplus

A TOXNET DATABASE

[Lite](#) • [Browse](#) • [Advanced](#)

SEARCH ChemIDplus

BROWSE ChemIDplus

ADVANCED SEARCH

(automatic) ▼ (automatic) ▼

Search

Search for multiple terms by using this format: 50-00-0|50-01-1|50-02-2

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Contact Us

Email: tehip@tehl.nlm.nih.gov
Telephone: (301) 496-1131
Fax: (301) 480-3537

About ChemIDplus



What is ChemIDplus?

Chemical database is a dictionary of over 400,000 chemicals (names, synonyms, and structures). ChemIDplus includes links to NLM and other databases and resources, including links to federal, state and international agencies. [ChemIDplus Lite](#) is designed for simple searching on name or registry. [ChemIDplus Advanced](#) helps users draw their own structures and perform similarity and substructure searches.

Updates: ChemIDplus records are updated daily.

Did you know



How do I lease/license the TOXNET databases?

The following TOXNET databases are available for lease: ChemIDplus, DIRLINE, CCRIS, GENE-TOX, HSDB, and TOXLINE.

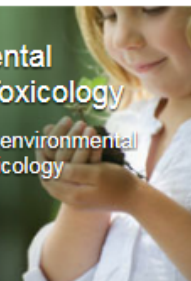
For further information visit [Leasing Data](#) from the National Library of Medicine.

[More FAQs](#)

Environmental Health & Toxicology

Resources on environmental health and toxicology

[Visit Site](#)



[ChemIDplus](#)

National Institute of Environmental Health Sciences


- Curricula for teachers
- Information for students
- Speaker bureau
- Summer Internship Program
- Fun activities for younger kids

NIEHS Health & Education resources

Health & Education
Research
Funding Opportunities
Careers & Training
News & Events
About NIEHS

Health & Education


NIEHS is committed to conducting the most rigorous research in environmental health sciences, and to communicating the results of this research to the public.



Environmental Health Topics


NIEHS supports and conducts studies to determine how chemicals and environmental agents may influence a variety of diseases. Access a wide range of information NIEHS makes available.

+ Are you looking for?



Brochures & Fact Sheets


Looking for information about NIEHS or environmental health research? The Brochures & Fact Sheets page allows users to search using several topic areas, such as title, environmental agent, or disease.



Environmental Health Science Education

The Environmental Health Science Education website provides educators, students, and scientists with easy access to reliable tools, resources and classroom materials.


+ Are you looking for?



Kids Environment | Kids Health

A resource for kids, parents, and teachers to find fun and educational materials related to health, science, and the environment we live in today.


Hot Topics



Endocrine Disruptors Research

NIEHS has been a pioneer in conducting research on the health effects of endocrine disruptors for more than three decades, starting with the endocrine-disrupting effects of the pharmaceutical, diethylstilbestrol (DES).

Discover New Research



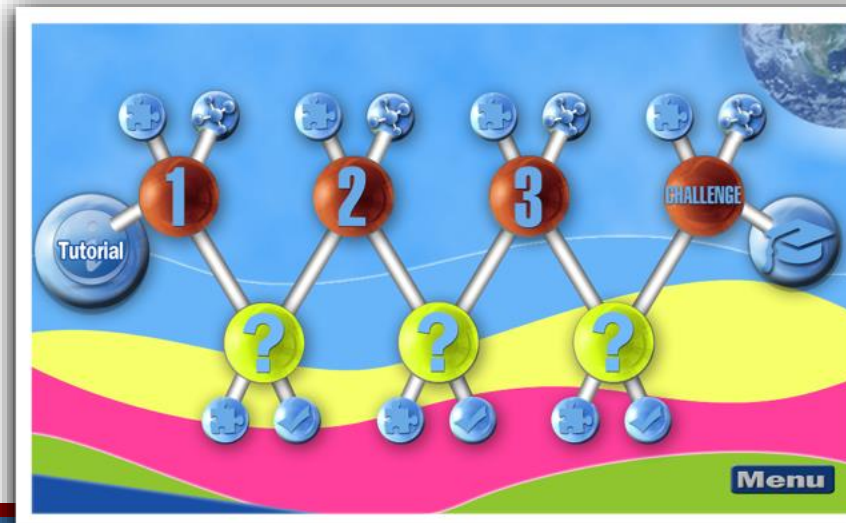
Essential Oils

Essential oils, which are obtained through mechanical pressing or distillation, are concentrated plant extracts that retain the natural smell and flavor of their source.

Find Out More

NLM iOS Apps

Games on iPad & iPhone: Base Chase, Run4Green, TOXinvaders, Bohr Thru



Genomics/Genetics

Genomic Health/Science Literacy

- Lack biology basics
- Lack mathematical concepts
- Low health literacy
- Biomedical professions
- Medical treatment
- Understand basics of health conditions



GeneEd



GeneEd *Genetics, Education, Discovery*

Home Topics Labs & Experiments Teacher Resources Careers in Genetics Highlights

search... GO

Text Size +
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Email Us

The GeneEd website is scheduled to be retired on March 31, 2019. Selected GeneEd content will be transferred to [Genetics Home Reference](#), another online resource from the National Library of Medicine.
If you're a regular user of GeneEd, we'd love to get your feedback in a [brief survey](#).

Cell Biology
The study of the cell, including mitosis and meiosis

Genetic Conditions
Conditions caused by gene variations or mutations

DNA Forensics
The application of genetic testing for legal purposes

DNA, Genes, Chromosomes
The building blocks of inheritance

Evolution
Processes by which organisms are changed over time

Top Issues In Genetics
Select genetic topics of popular interest

Heredity/Inheritance Patterns
The genetic transmission of traits

Biostatistics
The use of mathematics to investigate life science related problems

Epigenetics/Inheritance and the Environment
The genome's dynamic response to the environment

Biotechnology
Biological techniques used to enhance products

[GeneEd home page](#)

National Human Genome Research Institute

Search Genome.gov

Español

Research Funding
Research at NHGRI
Health
Education
Issues
Newsroom
Careers
About

Education

Educational materials about genetics and genomics

Smithsonian NHGRI Genome Exhibition
A genomics exhibition from the Smithsonian and NHGRI

Genomic Careers
Information on careers in genomics and genetics

Online Genetic Education Resources
A list of online resources for learning about genomics and genetics

About The Human Genome Project
Information on the history, progress and impact of the HGP

National DNA Day
A unique day when everyone can learn more about genomics and genetics

Fact Sheets
Clearly written information on the institute, genetic research and genetic concepts

Talking Glossary of Genetic Terms
Terms and definitions used in genetic research with multimedia

Genetic Education Resources for Teachers
Teaching plans to present the science of genetics and genomics

Online Education Kit
A web-based resource outlining the major history and developments of genomics

Highlights

Annual National DNA Day lecture to honor Congresswoman Louise M. Slaughter

For NHGRI's National DNA Day on April 25, Olivier Noel, Ph.D., founder and CEO of DNAsimple, will present "Bench to Bedside to Business: A Talk on Startups in Science" for the newly named Louise M. Slaughter National DNA Day lecture, which honors the late Congresswoman. The media and the public are invited to attend at the Lister Hill Center Auditorium on the NIH campus.

Celebrate 15 ways genomics is influencing our lives

On April 5th, NHGRI will launch the '15 for 15' Celebration to honor the 15th anniversary of the Human Genome Project's completion. Beginning April 5th, and each business day leading up to National DNA Day on April 25th, NHGRI will reveal one of 15 topics that illustrate the

See Also

Education and Community Involvement Branch

GenomeTV

Genome Advance of the Month

Education Archive

On Other Sites:

Genome: Unlocking Life's Code
NHGRI Smithsonian Exhibition

GenomeTV
NHGRI's YouTube Channel

National DNA DAY 25 APRIL

Celebrating Genomics Through Awareness

Find Events
Register An Event
Get Starter Kit
Celebrate With NHGRI
Get Activity Ideas
About DNA Day

National DNA Day is a unique day when students, teachers and the public can learn more about genetics and genomics! The day commemorates the completion of the Human Genome Project in April 2003, and the discovery of DNA's double helix in 1953.
Subscribe to our newsletter!

Find Events In Your Area

The National DNA Day Network has events all over the country. Find an event near you to celebrate DNA Day.

Celebrate with NHGRI

Stay tuned for all of the 2018 DNA Day events coming your way.

Join @DNADay on Twitter

#DNADay18

Plan an Event

APRIL 25

[National Human Genome Research Institute education page](#)

GENOME
UNLOCKING
LIFE'S
CODE

EXPLOREABOUTLEARNTRAVELING EXHIBITMEDIACONNECTIONS

ORGANELLES, CELL, & DNA

RESOURCES FOR TEACHERS

CELL, ORGANELLES, & DNA RESOURCES FOR TEACHERS

15 high-quality, copyright free, researcher-vetted, downloadable image files await you in our Cells, Organelles, and DNA Resources for Teachers tool set: each entry in a PDF and PowerPoint files.

LEARN MORE



Nucleus

Nucleolus

NOW OPEN AT THE ROCHESTER ART CENTER (WITH THE MAYO CLINIC)

[EXHIBITION DETAILS](#)

EXPLORE

The exhibit



ABOUT

The exhibit



NEW & NOTEWORTHY



Our Latest Teacher's Newsletter Is Here!

Helpful tips. Award-winning resources. Timely tools. Ways to get involved. Read the latest issue here. Subscribe now for free email delivery every month!



Pinterest for the Biology Teacher!

Curated by a PhD geneticist, our Pinterest pages are overflowing with ideas gathered from around the Internet that can change your classroom in an instant! Hundreds of innovative ways to teach, celebrate, and even decorate genomically. Bookmark, or pin us.



The Best 5-Minute Animation On DNA, Genetics, and Genomes Anywhere!

Our most popular teaching resource. This spunky

LEARN

Multimedia, Activities and More

FEATURED

"Human Migration"
Interactive Learning Tool

- Traveling exhibit
- Monthly newsletter for teachers
- Teacher features
- Interactive learning
- Timeline
- Infographics

[Unlocking Life's Code](#)



Your Guide to Understanding
Genetic Conditions

[Health Conditions](#)[Genes](#)[Chromosomes & mtDNA](#)[Resources](#)[Help Me Understand Genetics](#)

Genetics Home Reference provides consumer-friendly information about the effects of genetic variation on human health.



Health Conditions

More than 1,100 health conditions, diseases, and syndromes

[Browse A-Z](#)

New & Updated Pages

New Pages

[17q12 duplication](#)[ACAD9 deficiency](#)[primary coenzyme Q10 deficiency](#)[More New Pages...](#)

Updated Pages

[5-alpha reductase deficiency](#)[Erdheim-Chester disease](#)[L1 syndrome](#)[Usher syndrome](#)[More Updated Pages...](#)

Bulletins



Genes

More than 1,300 genes and the health effects of genetic changes

[Browse A-Z](#)

- Health conditions
- Genes
- Chromosomes and DNA
- Resources
- Genetic handbook

[Genetics Home Reference](#)

NLM Traveling Exhibits

HARRY POTTER'S WORLD

RENAISSANCE SCIENCE, MAGIC, AND MEDICINE

In 1997, British author J. K. Rowling introduced the world to Harry Potter and a literary phenomenon was born. Although a fantasy story, the *Harry Potter* book series features magic that is based partially on Renaissance...

[CONTINUE to INTRODUCTION](#)

EXPLORE

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LEARN more

Explore educational resources inspired by the *Harry Potter* series.

SEE the digital gallery

BOOK the traveling exhibition

NLM's Harry Potter's World

Lesson Plans

- Boggart and Fear in Harry Potter
- Genetic Traits in Harry Potter

Higher Education

Online Activities

Other Resources

Genetic Traits in Harry Potter

grade level: 5–8 | **subject:** science and technology

[PRINT PAGE](#)

time needed
two to four 40-minute class periods

Four 40-minute class periods for younger students with little knowledge of genetics (two periods for Pre-lesson Activity and Class 1, and the other two periods for Class 2)

Two 40-minute class periods for older students with strong knowledge of genetics (one period for Pre-lesson Activity and Class 1 and the second period for Class 2)

description
The purpose of this lesson is to give students an introductory understanding of genetic inheritance. Students review and become familiar with basic genetic concepts and terms, such as DNA, chromosome, gene, allele, homozygous, heterozygous, recessive and dominant genes, genotype, phenotype, complex traits, Mendelian inheritance, and Punnett square. Students apply these to identify and examine several examples of simple and complex genetic traits in several characters in *Harry Potter*. Students also examine inheritance patterns of magical ability in *Harry Potter*, and use the concepts they have learned to identify possible genotypes of the magical abilities demonstrated by several characters in the series.

Note: The models of genetic inheritance presented in this lesson plan have been simplified so that students learn basic terms and concepts about genes and genetically inherited physical characteristics among people. In reality, many of the traits used as examples—and most traits, in general—tell a far more complicated story about inheritance than discussed in this lesson plan. For furthering students' learning and exploration of the complex genetic studies, please see [Extension Activity 2](#) below.

OPEN ALL

- [learning outcomes](#)
- [background information](#)
- [vocabulary](#)
- [materials](#)
- [pre-lesson activity](#)
- [class 1 procedures](#)
- [class 2 procedures](#)

NCBI Bookshelf

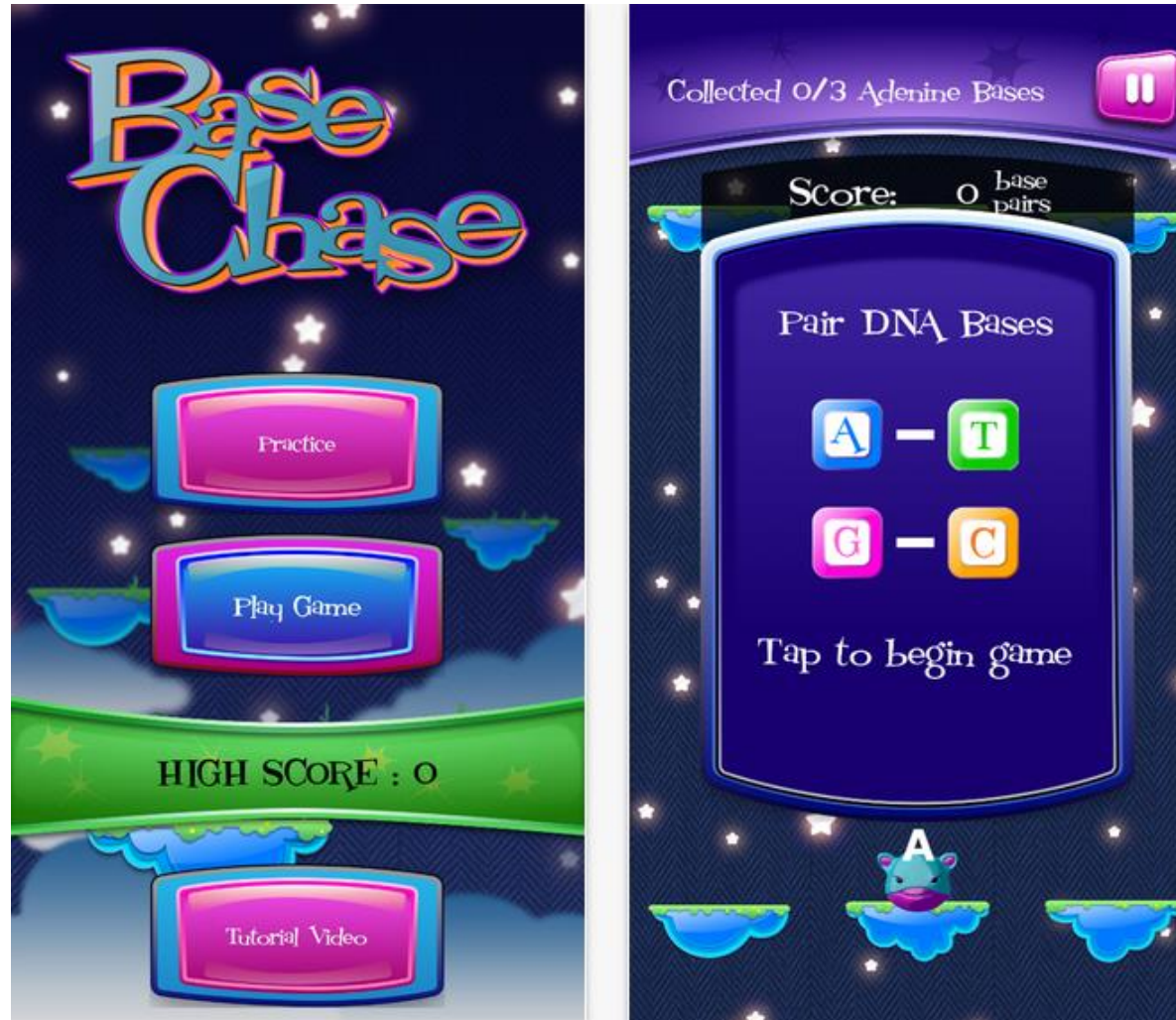
Genes and Diseases

- Organized by the parts of the body that genetic disorders affect
- Over 80 genetic disorder summaries
- Images and interesting facts
- PDF downloads of chapters
- Links to related research literature and pertinent websites



[Genes and Diseases from NCBI Bookshelf](#)

Base Chase



Literacy/Education Resources



Public Health Genomics



Interdisciplinary Resources

NLM Exhibition Program

 U.S. National Library of Medicine

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NLM Customer Support

History of Medicine

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Home > History Home > About Us > Exhibition Program

EXHIBITION PROGRAM

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SEARCH

f

make history!
expand your horizons

search exhibitions: explore, discover, enjoy!

explore our exhibitions




book a traveling exhibition



find an educational resource



curious? take a look



The Exhibition Program creates lively and informative exhibitions and educational resources that enhance awareness of and appreciation for the collections of the National Library of Medicine. Explore. Discover. Enjoy.

[NLM Exhibition Program](#)

Focus on Health Issues

HOME | EXHIBITION | EDUCATION | DIGITAL GALLERY | CREDITS | TRAVELING INFO

SURV & THE

AIDS, POLIT

"We condemn attem
'victims,' a term whi
we are only occasio
which implies passiv
dependence upon th
We are 'People With

EXPLORE TH

For All the People
A CENTURY OF CITIZEN ACTION
IN HEALTH CARE REFORM

Health care reform has been a contentiou
political issue in the United States for mor
than a hundred years.

—EXPLORE THE EXHIBITION—

EXPLORE MORE EXHIBITIONS MORE EDUCATIONAL RESOURCES

CONFRONTING VIOLENCE IMPROVING WOMEN'S LIVES

EXHIBITION PROGRAM

Temperance and women's rights advocates called attention to family violence and agitated for reform during the mid-19th century. Despite their efforts, society as a whole continued to ignore domestic violence.

CONTINUE to GENERATIONS OF REFORMERS

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LEARN more

Who were some advocates for change?

FIND OUT +

SEE the digital gallery

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Battered Wives
HELP FOR THE SECRET VICTIM NEXT DOOR

EDMUND

1 "And there's the ..."

EVERY NECESSARY
CARE & ATTENTION
GEORGE WASHINGTON
& MEDICINE

Alongside the traditional demands of family life, and political and military leadership, George Washington focused considerable attention on the health and safety of his family, staff, slaves, and troops.

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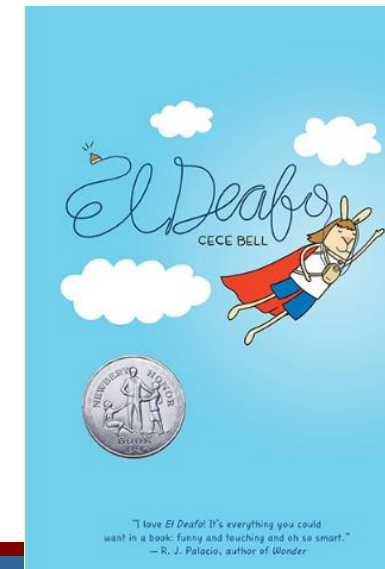
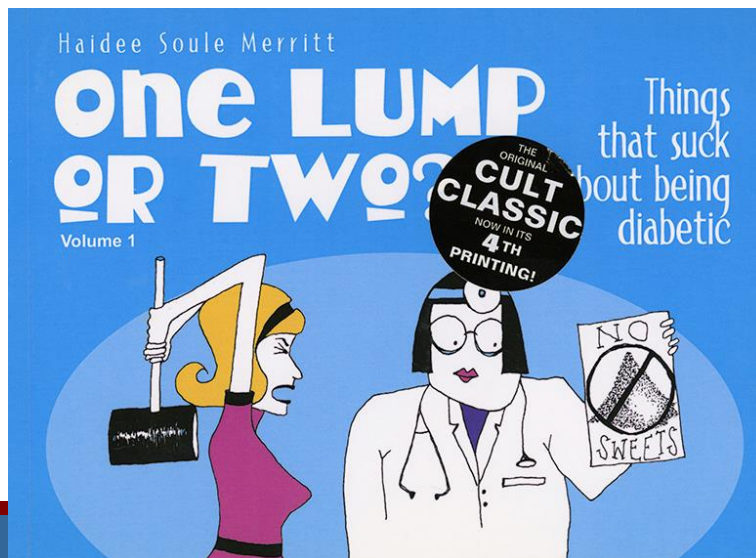
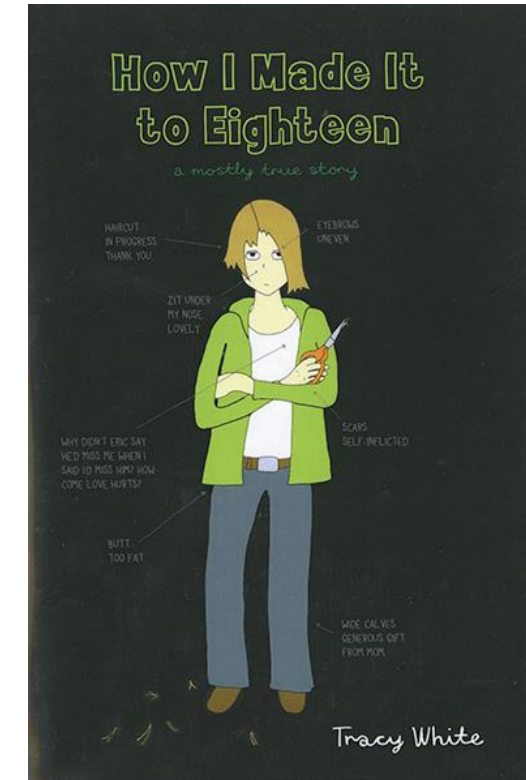
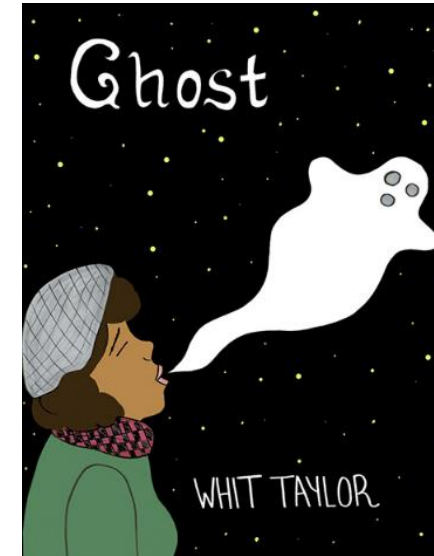
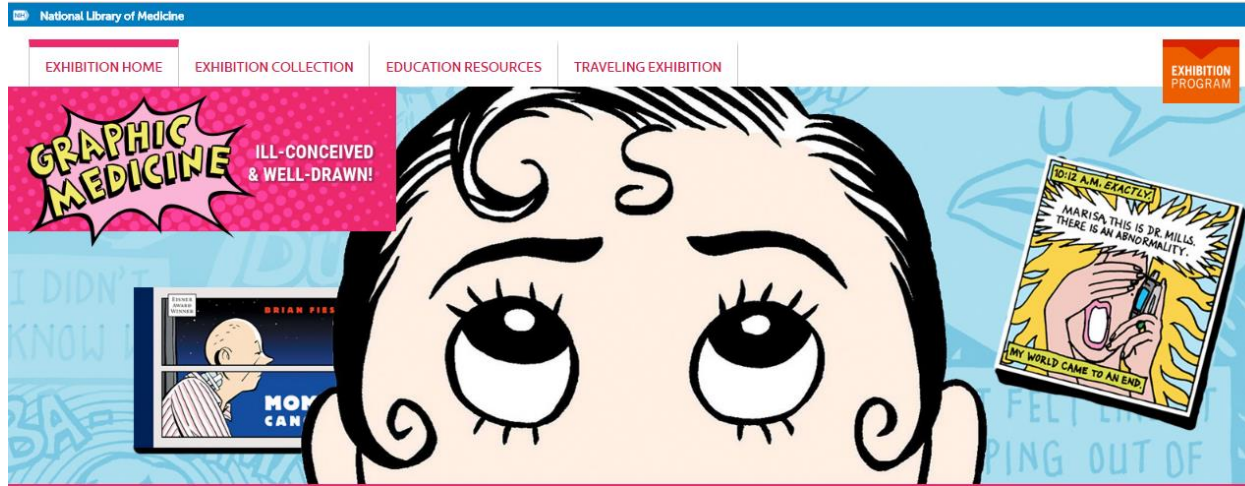
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MORE EDUCATIONAL RESOURCES

Search Exhibition Program

Comics / Graphic Novels



NNLM Resource Picks

March 2017 session recording

How to make the most
of your National Library of Medicine
traveling banner exhibition!



[Recording of March 2017 NNLM Resource Picks](#)



COLLECTIONS & EXHIBITIONS

SEARCH

ARCHIVES &
MODERN
MANUSCRIPTS

*Executive Mansion,
August 22, 6.30 P.M.
dent has continued to take*



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PRINTS &
PHOTOGRAPHS



RARE BOOKS &
JOURNALS



NLM DIGITAL
COLLECTIONS



EXHIBITION
PROGRAM



FEATURED
COLLECTIONS



LECTURE SERIES



[NLM History of Medicine Division](#)

Careers



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Health Occupations

Also called: [Health careers](#), [Health professions](#), [Medical occupations](#), [Medical professions](#)

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Summary

Every day, around the clock, people who work in the health care industry provide care for millions of people, from newborns to the very ill. In fact, the health care industry is one of largest providers of jobs in the United States. Many health jobs are in hospitals. Others are in nursing homes, doctors' offices, dentists' offices, outpatient clinics and laboratories.

To work in a health occupation, you often must have special training. Some, like doctors, must have more than 4 years of college.

[Bureau of Labor Statistics](#)

Start Here

- [Occupational Outlook Handbook: Healthcare Occupations](#) (Bureau of Labor Statistics)
Also in Spanish

Latest News

- [Nurses Learn How to Get Patients to Say 'Yes' to Blood Thinners](#) (08/17/2017, HealthDay)

*Genetics, Education, Discovery*

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ExperimentsTeacher
ResourcesCareers in
Genetics

Highlights

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Careers in Genetics

The study of genetics and genomics is improving our understanding of the biology of health and disease, and that of our biological world in ways that was never before possible. These advancements have wide applications to biology, health, and society. Opportunity to use training in genetics and genomics exists in a range of fields, including in medicine, academic research, law, journalism, agriculture, commercial industries, and education to name a few.

Becoming a Scientist

Description: Detailed articles, video interviews with various scientists, and additional information resources for students curious about becoming a scientist

Source: Cold Spring Harbor Laboratory | URL: <http://library.cshl.edu/oralhistory/topic/scientific-experience/becoming-a-scientist/>

Careers in Human Genetics

Description: Information on careers in human genetics

Source: The American Society of Human Genetics | URL: <http://www.ashg.org/education/careers.shtml>

Genetic Counseling

Description: Genetic counselors are health professionals who help people faced with the possibility of a genetic disease to make informed decisions about their futures.

Source: Genome Research Limited and Wellcome Trust Sanger Institute | URL: <http://www.yourgenome.org/stories/genetic-counseling>

GeneticsCareers.org

Description: Explore real genetics career job postings on this site developed by The American Society of Human Genetics and the Genetics Society of America

Source: [GeneticsCareers.org](#) | URL: <http://geneticscareers.org>

Genomic Careers - Find Your Future

Description: Video interviews with genomic professionals, information on genomic careers, a tool for rating your favorite genomic careers, and an opportunity to test your knowledge of careers in this field

Source: National Human Genome Research Institute | URL: <http://www.genome.gov/GenomicCareers/index.cfm>

Genomics: Towards a Healthier You

Description: A webcast presenting information on why genetics is important to health, plus information on genetic counseling as a career. The singer and performer T-Boz shares her personal story about living with sickle cell anemia as one example of genetic health issues.

Source: National Human Genome Research Institute | URL: <https://www.youtube.com/watch?v=Q5ZrowNN7MQ>

Get Help
by email

Enter email

ME

Types of

Choose
Service

NLM Traveling Exhibits

CELEBRATING AMERICA'S WOMEN PHYSICIANS



Changing *the face of Medicine*

HOME
RESOURCES

Careers Lesson Plans Higher Education

Is a Medical Career for you?
Undergraduate Education
Medical School
Residency & Fellowships
Practicing Medicine

* CAREERS
Think you might be a doctor?
world? Explore

NATIVE PEOPLES' CONCEPTS OF HEALTH AND ILLNESS



EXHIBITION INTERVIEWS TIMELINE RESOURCES

CAREERS IN MEDICINE AND SCIENCES

> High School

> Higher Education

> Post-Graduate / Medical Schools

LESSON PLANS & ADDITIONAL RESOURCES

ONLINE ACTIVITIES

SUGGESTED READINGS

HEALTH HEADLINES

High School

American Indian Science and Engineering Programs

<http://www.aises.org/what/programs/prec>

AISES offers a variety of programs for high school students in science and engineering and international science and engineering technology-based initiatives.

ASPIRINGDOCS.ORG® by the American Medical Association (AMA)

<http://www.aspiringdocs.org>

ASPIRINGDOCS.ORG® is supported by the American Medical Association. The Resources section will help high school students navigate through the process of becoming a doctor.

Association of American Indian Physicians

<http://aaip.site-ym.com/?page=NNAYI>

This annual program takes place in Washington, D.C.

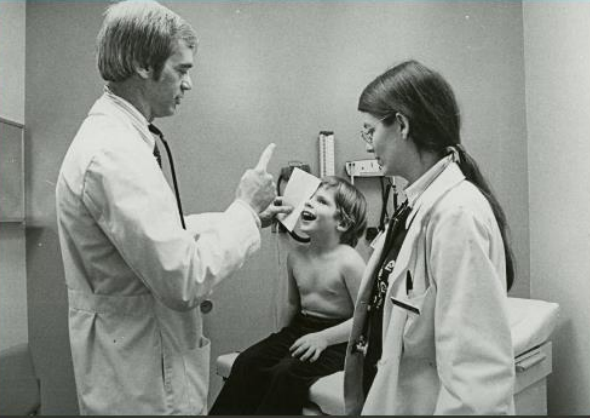
PHYSICIAN ASSISTANTS
Collaboration and Care

f EXHIBITION PROGRAM

Exhibition: Part of a Team

HOME • EXHIBITION • EDUCATION • CREDITS

Introduction
Part of a Team
Diversity Makes a Difference
Collaboration with New Partners
Respond to Community Needs
Care Around the World



A PA student (right) from George Washington University observes a doctor performing an eye exam during a rotation, Washington, DC, ca. 1970s
Courtesy National Library of Medicine

PREVIOUS | NEXT (1/8)

PAs are educated and trained to collaborate with other health professionals. During their coursework and clinical training, PAs learn from and work with physicians, other PAs, nurses, and additional health care professionals in a variety of settings.

American physician Eugene Stead created the profession's partner-based foundation. He modeled it after the collaborative relationship between Dr. Amos Johnson and his assistant, Buddy Treadwell, who had worked together in rural North Carolina since the 1940s. Dr. Stead opened the first academic PA program at Duke University in 1965, which educated students to

NNLM PNR

- Direct students and families to freely accessible health science resources
- Incorporate NLM/NIH educational resources to supplement curricula and reinforce learning
- Collaborate with other departments and the broader community
- Look to NNLM PNR for great resources, classes, webinars, funding and other opportunities

NNLM PNR

<https://nnlm.gov/pnr>

The screenshot shows the NNLM PNR website for the Pacific Northwest Region. The header includes the NIH NLM>NNLM logo and navigation links for REGIONS, OFFICES, HELP, and a search bar. Below the header, a navigation bar lists PNR HOME, About PNR, Members, Funding, and Professional Development. The main content area features a large banner image of a rocky coastline with the text "Pacific Northwest Region" and a description of the University of Washington Health Sciences Library's role as the regional Network Office. A "Learn more about PNR" button is present. Below the banner, there are four small informational cards, a section titled "The NNLM PNR Wants You!" with a "Join the Network Today!" button, and a "Regional Partners" section featuring Idaho State University.

Pacific Northwest Region

The University of Washington Health Sciences Library serves as the regional Network Office for network member organizations throughout the National Network of Libraries of Medicine, Pacific Northwest Region (NNLM PNR) including the states of Alaska, Idaho, Montana, Oregon and Washington

[Learn more about PNR](#)

Pacific Northwest Region

The NNLM PNR Wants You!
IS YOUR ORGANIZATION A MEMBER?

Join libraries, community organizations and data organizations that provide quality health information and research. Membership is free, and benefits include access to a network of colleagues, specialized training and funding opportunities.

[Join the Network Today!](#)

Regional Partners

Idaho State University
Best Practice in Decision-Making: Educational Training Program on Evidence-based Management

Thank You!



Carolyn Martin, MLS, AHIP
Consumer Health Coordinator
National Network of Libraries of Medicine
Pacific Northwest Region (NNLM PNR)
martinc4@uw.edu